

## **LIFE REIMAGINED PROGRAM RE-SCHEDULED**

Are you ready for the next chapter of your life? Whether you're ready to dive right in, or you're still testing the waters, the Life Reimagined program offers tools, activities and support to help you figure out what really matters. The life you've dreamed of having is actually very possible. To make it real doesn't require major tasks or grand gestures. It's about making small and simple steps to help you figure out what you really want and then start to make it happen. Life Reimagined was developed by AARP with a team of leading doctors, coaches, entrepreneurs and other experts. This program, originally scheduled for June 11, has been rescheduled to Thursday, July 9th at the senior center from 10:30 a.m. to 12:30 p.m. Come join us as we learn more about the program from Lisa Masters of AARP. If you had signed up for the June program, please call us to confirm that you will be joining us on July 9<sup>th</sup>. For all others who are interested, please call the senior center at 508-543-1252 to sign up and reserve your seat.

### **Monday, July 6**

Leaving for Nova Scotia 9:30 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, July 7**

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

SHINE by appointment

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 8**

Strength Training 8:30 a.m.

Zumba Gold 10:00 a.m.

Target 1:00 p.m.

Jack Craig Program – Big Band Signature Songs 4:30 p.m.

### **Thursday, July 9**

Life Reimagined Program 10:30 a.m.

### **Friday, July 10**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

## **MR. DJ'S ALL AMERICAN MUSICAL MEMORIES**

Come join us at the senior center on Thursday, July 16<sup>th</sup> at 11:00 a.m. for "Mr. DJ's All American Musical Memories," a magnificent stroll down memory lane with Mr. DJ and all the great songs we grew up with. Combining "live" singing and guitar strumming, Mr. DJ will be accompanied by an invisible orchestra of instruments, all performed by himself on a "state of the art" synthesizer, creating amazing, life-like sounds. Layered along with incredible musical videos, featuring big, bright lyrics for everyone to read (projected on TV), he also incorporates hundreds of colorful pictures to entertain as well. Get ready for a musical journey through time as we sing traditional folk songs, timeless pop/love ballads, big band 40's, rock hits from the 50's,

patriotic, military and Irish medleys and countless other songs from the past. Sign up required. Please call the senior center at 508-543-1252 if you will be attending this event.

### **SPECIAL PROGRAMS**

#### **ANNUAL FISH AND GAME COOKOUT**

The Fish and Game Club at 17 Neponset Heights Avenue in Foxborough will, once again, host their annual cookout for Foxborough senior citizens. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 18<sup>th</sup> at 1:00 p.m. Enjoy the water view and eat delicious food, and have a fun time with your friends from Foxborough. This event will be held rain or shine. The meal will include chicken, homemade side dishes and beverages. The Fish and Game Club would appreciate knowing if you're planning on joining us so please call the senior center at 508-543-1252 by Friday, July 10<sup>th</sup> to reserve your seat. This event is for Foxborough residents only. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are extremely limited in the area of the Fish and Game Club. Please park in public building lots such as the new municipal lots between the Public Safety Building and the old auditorium building on Payson Road, the senior center or Town hall, and then carpool with your friends down to the Fish and Game Club.

#### **JOINT COOKOUT WITH WRENTHAM COUNCIL ON AGING**

Save the date of Thursday, July 23 when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a luncheon BBQ. Following lunch, entertainment will be provided by award winning singer and storyteller Davis Bates. Mr. Bates will be presenting a program entitled "Celebrate New England: Songs and Stories for Everyone" and the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs and even a short lesson in how to play the spoons. Come join the fun! There is a suggested donation of \$3 for the meal. Please call the senior center at 508-543-1252 by Monday, July 20<sup>th</sup> to reserve your seat.

#### **BIG BAND SIGNATURE SONGS WITH JACK CRAIG**

To kick off the first two Wednesdays with our new extended opening hours, Jack Craig will be back with us at the senior center for two programs in July. The Big Band Era of the 30's and 40's produced superstar singers, musicians and band leaders. Some of those band leaders were so celebrated that they were recognized by their "signature" or "theme" songs. On Wednesday, July 8<sup>th</sup> at 4:30, Jack will be at the senior center to lead us as we reminisce by singing about two dozen songs that mesmerized dancers by bandleaders with last names beginning with the letters A through J. Then on the following Wednesday, July 15<sup>th</sup> at 4:30 p.m., we'll cover songs from bandleaders whose last names begin with the letters K through Z. Our thanks to the Friends of Foxborough Seniors for sponsoring Jack's fun and entertaining programs of "Music – with Class." If you'd like to join us, please call the senior center at 508-543-1252 to sign up.

#### **HISTORY LECTURE SERIES**

Paolo DiGregorio, the "Artifactual Scholar," is back for another series of history lectures at the senior center. The topics of his lecture series will focus on some of the important or colorful royal families in Europe. Join us at the senior center from 5:00 to 6:00 p.m. on the following Wednesdays: July 22, August 5 and August 19<sup>th</sup>. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. This lecture series is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to reserve you a seat.

#### **NEW SENIOR CENTER HOURS**

Starting the week of July 6<sup>th</sup>, the senior center will stay open until 6:30 p.m. every Wednesday evening and will close at 12:30 p.m. on Fridays. Join us for some of our upcoming Wednesday programs that will include: Music with Jack Craig, a History Lecture Series with our favorite historian Paolo DiGregorio, movies and Senior Suppers. Our Human Services staff will be here during these early evening hours, but meetings with clients will be offered by appointment only.

## **WE ALL SCREAM FOR ICE CREAM!**

It's summertime, the weather's hot, and it's time to think ice cream. So we've planned some ice cream day trips once again! This year's trips will be scheduled on some Tuesday and Thursday afternoons this summer. On Tuesday, July 14<sup>th</sup> at 1:30 p.m. we'll be off to Flint Farm in Mansfield. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

## **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons from 12:30 to 3:00 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

## **GARDEN CLUB**

In honor of summer, our Senior Center Garden Club, under the direction of Marsha Lewicke, has been meeting at the senior center. In July, the Garden Club meetings will be held on Tuesdays, July 14<sup>th</sup> and 21<sup>st</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On July 8<sup>th</sup> and 9<sup>th</sup> the featured program will be the Aging Mastery Program on the Five Wishes Program and Advanced Planning. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **TRIP INFORMATION**

### **LUNCH AT THE VENEZIA AND TRIP TO THE OMNI IMAX THEATER**

#### **Reduced price for Foxborough residents in memory of Doris Sheward**

Anyone who knew Doris Sheward knew that she loved the senior center and loved traveling with the seniors in years past. Thanks to the generous donations made by friends and family in memory of Doris to the Foxborough Council on Aging and Human Services, we will be able to offer a \$10 discount to Foxborough residents on the cost of our trip to the Venezia restaurant and the Omni Imax Theater. Join us on Thursday, July 16<sup>th</sup> for our day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and traveling via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we'll head over to the Museum of Science where we'll see an informative and exciting show at the Omni Imax Theater. **The cost for Foxborough residents has been reduced to \$71.00 per person.** The cost for all non-residents is \$81.00 per person and includes all gratuities. If you're interested in joining us, please call the senior center as soon as possible at 508-543-1252 to sign up.

### **GLOUCESTER HARBOR CRUISE & SHOPPING IN ROCKPORT**

On Thursday, August 13<sup>th</sup> we'll be off to Gloucester for a 2 ½ hour cruise of Gloucester harbor and a luncheon buffet aboard the "Beauport Princess." We will be leaving Foxborough at 8:45 a.m. from the rear parking lot of St. Mary's Church. On board the "Beauport Princess," our luncheon buffet will include salad, fresh haddock, Chicken Piccata, ravioli, vegetables and dessert. When we return to shore after lunch, we will head to Rockport for some free time to shop and browse on your own. The cost for this day out is \$81 per person which includes motorcoach transportation, the 2 ½ hour cruise with lunch, and all gratuities. If you'd like to join us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, July 24<sup>th</sup>.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, July 14<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for July 7<sup>th</sup> and 16<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

### **REGULARLY SCHEDULED LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Morin's Restaurant on Wednesday, July 22<sup>nd</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, July 20<sup>th</sup>. Van transportation is available.

### **CLASSIC MOVIE DAY**

The featured movie classic for the month of July will be "Dark Passage" and is scheduled for Tuesday, July 14<sup>th</sup> at 12:30 p.m. Robert Montgomery's 1946 film was shot from the point of view of the main character with the camera acting as his "eyes." Humphrey Bogart heads the cast as an escaped convict, wrongly accused of his wife's murder. After being forced to beat up a man (Clifton Young) from whom he's hitched a ride, Bogart hides out in the apartment of Lauren Bacall, while recovering from surgery, and tries to set about locating the actual murderer. Come join us and take in a good classic movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

### **AEROBICS**

Starting on Friday, July 10<sup>th</sup> this one hour aerobics class is will begin at 9:00 a.m. (instead of 9:30). The exercises include stretching, aerobics, and hand-held weights. The class, let by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **ZUMBA CLASSES**

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and

through August 19<sup>th</sup>, Wednesday's Zumba classes will be held from 10:00 to 11:00 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on July 27<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, July 27<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **BINGO**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, July 7<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on July 16<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

July 8 – Target

July 15 – Job Lot

### **WEEKLY SCHEDULED PROGRAMS**

#### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

## **CRIBBAGE**

The Cribbage Group meets at the senior center on Fridays at 10:15 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

## **NUTRITION**

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

### **Monday, July 6**

American Chop Suey

Riviera Vegetables

Scali Bread

Strawberry Cup

Calories 295

Sodium 227

### **Tuesday, July 7**

Cheese Omelet with Peppers & Onions

Chopped Broccoli

Hashbrown Potato

Wheat Bread

Pears

Calories 260

Sodium 438

### **Wednesday, July 8**

Barley Soup

Honey Mustard chicken

Jardiniere Blend Vegetables

Multigrain Roll

Fresh Banana

Calories 359

Sodium 375

### **Thursday, July 9**

Low Salt Hot dog

Mustard Packet

Baked Beans

Country Vegetables

Hot Dog Roll

Pineapple chunks

Calories 450

Sodium 655

### **Friday, July 10**

Salmon with Lemon Dill Sauce

Rice Pilaf

California Blend Vegetables

Oatmeal Bread

Mixed Fruit

Calories 289

Sodium 339